



## Putting health on the menu.

- More than 45% of money spent on food goes to foods eaten away from the home. These foods are higher in fat, sodium and calories and are lower in fiber and calcium.
- Foods eaten away from home, including at group events, have become a much larger part of Americans' lives. This has a major impact on the quality of the American diet and contributes to the obesity epidemic.
- Healthy food and beverage choices need to be included as options at group events including business meetings, school and classroom events, community suppers and potluck meals.

## Why this is important.

- Improving nutrition and increasing physical activity can prevent and control the epidemic of overweight and obesity, as well as decrease the risk of chronic diseases including cardiovascular disease, diabetes, cancer and osteoporosis.
- Policy and environmental changes for nutrition and physical activity make it easy for everyone to choose healthier options.
- Developing policies for healthy meetings and events makes healthy choices more widely available. Policies include written laws, regulations and rules that have the power to guide behavior.
- Environmental interventions include changes to the economic, social or physical environment. Settings where food is provided are especially suitable for environmental interventions.

## For more information.

- See Section 5 for Fact Sheet, pages 33–34.
- See Section 6 for References, page 40.